



Disease Management/Diabetes Programs

Diabetes Talking Circle*

Support & education meetings open to those with diabetes and those who care for someone with diabetes. Gives you the knowledge and tools to make healthy lifestyle choices. A meal is provided.

When 11 a.m. - 1 p.m.
July 16: Managing Stress
August 20: What is Diabetes
September 17: Preparedness

Where LaPointe Health Center
2nd floor

Pre-registration is required.
For more information or to register, please call 353-4546.

Nutrition Consultation

Meet with Dr. Dale Schmeisser, RD to discuss your nutrition concerns.

When By appointment:
July 1, 2, 17, 18
August 7, 8, 21, 22
September 4, 5, 18, 19

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, call 353-4510.

Diabetes Coaching*

Assistance with managing your diabetes and goal setting.

When By appointment
For an appointment, call 353-4548.

Diabetic Foot Care Clinic*

Foot care includes nail trimming and diabetic foot exam.

When By appointment Fridays:
July 9 & 11
August 13 & 15
September 3 & 12

Where LaPointe Health Center
2nd Floor

To make an appointment, 353-4546.

*These programs are eligible for Diabetes Advantages Program points.

Community Health Activities

P.A.T.H. Program*

Personal Action Toward Health is a chronic disease self management program that meets for six consecutive weeks. Topics include dealing with problems, effective communication, and making informed treatment decisions.

When & Where To be announced.
To register, call 353-4548.

Blood Pressure/Glucose Screening Clinic

Free blood pressure and glucose checks. No appointment necessary.

When 11 - 11:30 a.m.
Wednesdays; excluding holidays and snow days

Where Ojibwa Sr. Citizens Bldg.

For more information, call 353-4531.

BCCCP (Breast & Cervical Cancer Control Program)

Provides breast & pelvic exams, pap smears, and mammograms for women 40-64 that meet income guidelines, and have no insurance coverage for these services.

When By appointment
Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4530.

KBIC Optical Clinic

An opportunity to order glasses after a prescription has been made.

When 8 a.m. - 4 p.m.
Wednesdays; excluding Holidays, appointments are also available.

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4531.

NOTE: To obtain a voucher for an eye exam, please call 353-4537.

KBIC Audiologist Clinic

Providing hearing assessment, and hearing aid repair.

When By appointment only.

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4531.

KBIC Community Member Transports

Local transportation to medical/dental appointments; utilized as a last resort option. Be sure to call early as slots fill up fast.

When By appointment:
Mondays, Wednesdays, & Fridays;
8 a.m.—4:30 p.m.

To schedule, call 353-4531.

Immunization Clinic

Adult & child immunization clinic.

When By appointment

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4543.

Special Events

Watch for special events

to be advertised in the tribal newsletter and on posted flyers.

Maternal, Infant, Child Health Programs

Child Birth Class

Learn about prenatal & infant care, labor & delivery, and much more.

When Call for dates.

Where LaPointe Health Center
2nd floor

Registration is required.

For more information or to make register, please call 353-4527.

Family Spirit

This program is designed to assist children starting at age 18 months and their families in being healthy and prepared for school.

When By appointment

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4546.

Healthy Start

This program is designed to assist pregnant women and newborns up to two (2) years old in becoming and staying healthy.

When By appointment

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4543.

W.I.C. Days

A supplemental food and nutrition program for low-income pregnant, breastfeeding, and postpartum women and children under age five.

When Call for dates.

Where LaPointe Health Center
2nd floor

For more information or to make an appointment, please call 353-4527.

Youth Programs

Positively You

Young women age 13-17 build upon strengths creating positive self awareness.

Craft and snack provided.

When 3:30 - 5 p.m.

Meets once every month.

Where LaPointe Health Center
2nd floor meeting room

Transportation is available.

For information, call 353-4532.

Keepin' It REAL

This program's goal is to prevent teen pregnancy and STI's while helping youth 11-19 prepare for the transition to adulthood. Youth will earn prizes for attending.

Call for more information about the program curriculum and topics.

When & Where To be announced.

Pre-registration is required.

For more information call 353-4546.

If you would like to be added to our mailing list call 906-353-4546.

Messages from the LaPointe Health & Education Center



July is Hepatitis Awareness Month

Hepatitis C is a liver disease that results from infection with the Hepatitis C virus. It can range in severity from mild illness lasting a few weeks to a serious, lifelong illness. Today, most people become infected with the Hepatitis C virus by sharing needles or other equipment to inject drugs.

August is Breast Feeding Awareness Month



All major medical authorities recommend that babies get no food or drink other than human milk for their first six months and continue to breastfeed for at least the first 1-2 years of life. Increasing breastfeeding rates can save billions of dollars by preventing acute illnesses in infants as well as many costly chronic diseases in mothers and children. - usbreastfeeding.org



September is Emergency Preparedness Month

Good preparation today can decrease fear, reduce losses, and speed recovery in a time of disaster or emergency. Every family should make preparations now for immediate or potential situations that threaten life, property, or the environment. Disasters could be caused by weather, illness, or other means. Learn how to prepare for any situation and teach each family member. - ready.gov

For more ways we can help you improve your health call us at 353-8666.

Summer 2014
Quarterly Community Events



Keweenaw Bay Indian Community
Dept. of Health & Human Services